

News Release

FOR IMMEDIATE RELEASE

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Swine Flu

Concern regarding the human swine flu outbreak continues to grow in the United States and internationally. Today, the Centers for Disease Control and Prevention (CDC) reported the first death in the United States associated with the swine flu. The death, a 23 month old, occurred in Texas. The child was brought to a Houston hospital from Mexico for treatment. Additional cases of confirmed swine influenza and a number of hospitalizations of swine flu patients have been reported.

Today, the CDC reported the first confirmed case of swine flu in Arizona. Several additional samples have been sent from the Arizona Department of Health Services (ADHS) to the CDC for testing.

The situation is rapidly changing. As of 8:00 AM MST on April 29, the CDC has confirmed 91 **human cases** of swine flu infection in the United States:

Arizona	1
California	14
Indiana	1
Kansas	2
Massachusetts	2
Michigan	2
Nevada	1
New York City	51
Ohio	1
Texas	16

The Coconino County Health Department (CCHD) is closely monitoring the swine flu situation in coordination with the ADHS, the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).

The symptoms of swine flu are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have

reported diarrhea and vomiting associated with swine flu. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

In children emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Health officials advise individuals who develop influenza-like-illness (ILI) (fever with either cough or sore throat) to stay at home, to get lots of rest and drink plenty of fluids. Persons who experience symptoms and wish to seek medical care should contact their health care providers to report illness (by telephone or other remote means) before seeking care at a clinic, physician's office, or hospital. **Those with severe symptoms (see above) who have difficulty breathing or shortness of breath or are believed to be severely ill should seek immediate medical attention.**

There are things that people can do to help them stay healthy. The Coconino County Health Department recommends the following preventative measures:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

Internationally, several additional countries have reported confirmed cases of swine flu. In response to the intensifying outbreak, the World Health Organization raised the worldwide [pandemic alert level to Phase 4](#) on April 27. A Phase 4 alert is characterized by confirmed person-to-person spread of a new influenza virus able to cause "community-level" outbreaks." The increase in the pandemic alert phase indicates that the likelihood of a pandemic has increased.

The following prevention measures will help to lessen the impact on individuals, families and businesses in the event of an influenza pandemic:

- Prepare for a possible school closure and plan for daycare if necessary.
- Prepare for a possible extended stay in your home - Store a supply of water and food.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Businesses should consider how they will operate if several of their employee are out sick or out caring for sick family members.

Information about how to prepare is available at www.coconino.az.gov/health and at <http://www.pandemicflu.gov/plan/tab3.html>.

There have been many questions about whether eating pork creates a threat of contracting swine flu. There is **no risk of infection** with this virus from consumption of properly cooked pork and pork products. (Cook to 155°F and maintain the proper temperature for at least 15 seconds.)

The Centers for Disease Control (CDC) has created a webpage with information and updates. Visit www.cdc.gov/flu/swine or call 1-800-CDC-INFO. Information is also available on the CCHD website at www.coconino.az.gov/health.

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